



Orange Madeleines

 Vegetarian

READY IN



42 min.

SERVINGS



2

CALORIES



646 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 eggs separated
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 cup milk
- ☐ 1 tablespoon orange juice orange-flavored
- ☐ 1.5 teaspoons orange zest grated
- ☐ 2 servings powdered sugar

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons vegetable oil

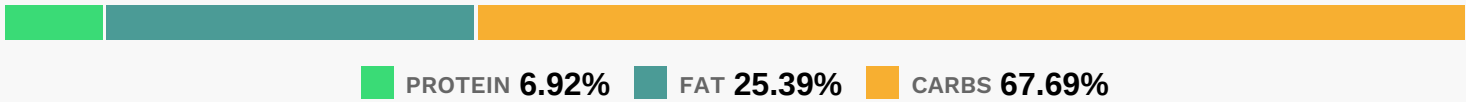
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ hand mixer

Directions

- ☐ Heat oven to 375F. Grease and flour twenty-four 3-inch madeleine molds. Beat egg white in small bowl with electric mixer on high speed until foamy. Beat in 1/4 cup of the granulated sugar, 1 tablespoon at a time. Continue beating until stiff and glossy; set meringue aside.
- ☐ Beat egg yolk, remaining 1/4 cup granulated sugar and remaining ingredients except powdered sugar in medium bowl with electric mixer on high speed 2 minutes, scraping bowl occasionally. Fold in meringue.
- ☐ Fill molds two-thirds full. Tap pan firmly on counter to remove air bubbles.
- ☐ Bake 10 to 12 minutes or until edges are light brown. Cool slightly before removing from pan. Cool on wire rack.
- ☐ Sprinkle with powdered sugar just before serving.

Nutrition Facts



Properties

Glycemic Index:163.55, Glycemic Load:71.7, Inflammation Score:-5, Nutrition Score:15.740869584291%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 646.27kcal (32.31%), Fat: 18.44g (28.36%), Saturated Fat: 4g (24.98%), Carbohydrates: 110.57g (36.86%), Net Carbohydrates: 108.71g (39.53%), Sugar: 61.62g (68.47%), Cholesterol: 89.16mg (29.72%), Sodium: 665.15mg (28.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.31g (22.62%), Selenium: 29.48µg (42.11%), Vitamin B1: 0.54mg (36.2%), Folate: 127.71µg (31.93%), Vitamin B2: 0.51mg (29.91%), Calcium: 277.11mg (27.71%), Vitamin K: 25.46µg (24.24%), Phosphorus: 240.16mg (24.02%), Manganese: 0.44mg (21.97%), Iron: 3.68mg (20.44%), Vitamin B3: 3.82mg (19.09%), Vitamin E: 1.42mg (9.46%), Vitamin B12: 0.53µg (8.75%), Vitamin B5: 0.86mg (8.62%), Vitamin C: 6.29mg (7.62%), Fiber: 1.87g (7.48%), Vitamin D: 1.11µg (7.41%), Zinc: 0.99mg (6.57%), Magnesium: 25.79mg (6.45%), Potassium: 210.74mg (6.02%), Copper: 0.12mg (5.81%), Vitamin B6: 0.11mg (5.41%), Vitamin A: 240.92IU (4.82%)